



# JULY 2012

## Brunswick Senior Center

12 East "A" Street Brunswick, MD 21716 301-834-8115  
 Cathy Barnes, Coordinator email:cbarnes@frederickcountymd.gov

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<b>2</b> 10:00 Exercise Video 11:00 Wii Bowling 	<b>3 9:00 Strength Training</b> <b>CENTER</b> <b>CLOSED</b> <b>5:30 Card Party</b>	<b>4</b> <b>CENTER</b> <b>CLOSED</b> <b>HOLIDAY</b>	<b>5 9:00 Strength Training</b> Celebrate Birthdays 11:00 Crochet Group 1:00 Computer Class	<b>6</b> 11:00 Wal-Mart Shopping Trip
<b>9</b> 10:00 Exercise Video 11:00 Bob Ritchie "Movie Memories"	<b>10 9:00 Strength Training</b> <b>CENTER</b> <b>CLOSED</b>	<b>11</b> 11:00 "Ask Nurse Steve" <i>How Long Can I Expect to Live?</i> - a look at life expectancy 12:45 "Treats" Bingo	<b>12 9:00 Strength Training</b> 11:00 Crochet Group 1:00 Computer Class	<b>13</b> 10:00 Exercise Video 11:00 UNO 1:00 Local Shopping
<b>16</b> 10:00 Exercise Video 11:00 Wii Bowling 11:45 Nutrition Minute	<b>17 9:00 Strength Training</b> <b>CENTER</b> <b>CLOSED</b> <b>5:30 Card Party</b>	<b>18</b> <b>Annual PICNIC</b> <b>at Brunswick</b> <b>Campground</b>	<b>19 9:00 Strength Training</b> 1:00 Computer Class 6:00 Dinner & Dance	<b>20</b> 10:00 Exercise Video 11:00 UNO 1:00 Local Shopping
<b>23</b> 10:00 Exercise Video 11:00 Wii Bowling	<b>24 9:00 Strength Training</b> <b>CENTER</b> <b>CLOSED</b>	<b>25</b> 9:00 Morning stroll 11:00 Craft 12:45 "Paper" Bingo	<b>26 9:00 Strength Training</b> 11:00 Crochet Group 1:00 Computer Class	<b>27</b> 10:00 Exercise Video 11:00 UNO 1:00 Local Shopping
<b>30</b> 10:00 Exercise Video 11:00 Wii Bowling	<b>31 9:00 Strength Training</b> <b>CENTER</b> <b>CLOSED</b>		<b>ANNUAL JULY PICNIC</b> Brunswick Campground along Potomac River 11:00 Music by the Young Brothers 12:00 Grilled Burgers & Hot dog lunch 1:00 BINGO Reservations by Monday July 16, please.	

*Brunswick Senior Center*  
 "Where everyone is someone"